

The St. Barnabas' Reporter



Keeping Space for God

Dear St. Barnabas' Family,

I've been thankful to be a part of the Education for Ministry group this fall, where part of the learning has involved listening to Diarmaid MacCulloch's book, Christianity: The First Three Thousand Years. While I was initially frustrated by the author's seemingly somewhat aloof approach to faith—asserting himself as a “friend to Christianity” rather than an active participant in his introduction—I was also entranced by his disciplined approach to his own thinking and emotions regarding the history of Christianity, as well as his formation, having grown up in a parsonage, with a Church of England Priest as one of his parents. My understanding of MacCulloch's faith also shifted when I learned more about his sexuality—I became more impressed by his writing and teaching after I learned that he had experienced resistance from church leadership after initially serving as an openly gay Deacon in the Church of England in the 1980's. Rather than simply writing off the Church and the faith of Jesus in the wake of this painful experience, he was willing to go deeper, researching and sharing his own understanding of the truth of the story. And I wonder if that is a part of our calling, too.

Since Ordination, my experience of life has consisted of a greater and greater awareness of how much life depends radically on God. Even in my youth and young adulthood—even in times when I had a lot of unanswered questions about God's presence and nature—even when I felt uncertain about how exactly it happened that prayer could so radically transform me and how I interacted with the world, when I wondered how exactly prayer works—even in times of uncertainty, pain, and difficulty, when I couldn't always recognize God's involvement in my life, there were still many wise and faithful authority figures who were interested in guiding me and others away from purposelessness and toward participation in God's redemptive goodness.

That is not to say that I didn't make my own mistakes along the way: I do believe it is miraculous that I am still alive today and able to write to you now. However, as my number of years of life has increased, I've gained a deeper appreciation for the wise and faithful authority figures, who (like Bishops) embody the incarnate Redeemer in their actions by caring for those on the edge, by translating ancient truths into our postmodern culture, by creating something

(continued next page)

The Rev. John Bolin Shellito
Rector

SPECIAL POINTS OF INTEREST

- *Parish Workday*
- *A Note of Thanks - Shirley Newman*
- *2024 Ski Trip*
- *Stewardship - Rooted in Abundance*
- *New Film Release: The Philadelphia Eleven*
- *Covenant, Christ, and Creativity*
- *Christmas Bazaar*
- *Jams, Pickles, & Chutneys*
- *2023 Parish Retreat*

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**St. Barnabas'
Episcopal Church**

4801 Ravensworth Road
Annandale, VA 22003
703-941-2922

Parish Staff

The Rev. John Bolin Shellito
Rector

David Palmer
Music Minister

Catherine Dubas
Parish Administrator

Maria Bottlick
Bookkeeper

James Harris, *Sexton*

Delilah Stearns, *Nursery*

Randolph Jones
2023 ASYP Tutor Coordinator

Vestry & Parish Officers

Ellen Riddle
Senior Warden

Larry Stark
Mark Patterson
Co-Junior Wardens

PJ Kennedy
Treasurer

John Westerlund
Assistant Treasurer

Ann Sayles
Register

Sam Batten

Michael Dugger

Beth Harper

Leigh Kennedy

Norma Ricketts

Jeff Schaefer

—
Catherine Dubas
Newsletter Editor

**Sunday
Worship Schedule**

8 a.m. Holy Eucharist

10:15 a.m. Holy Eucharist

Keeping Space for God (continued from p. 1)

good out of experiences of difficulty and challenge, by healing evil through the under-appreciated power of God's compassion, and by keeping space for positive relationships. Far too often, I didn't realize what was going on simply because I was so focused on myself. But others knew what they were doing. To use the language of one of our three mission priority areas here in the Diocese of Virginia, they were *sharing the faith of Jesus*. (For those interested, the other two mission priority areas are *healing across differences* and *honoring and caring for God's creation*).

However we describe it, those individuals who have shared the faith of Jesus with us are also the reason why I'm thankful that Enriching Our Worship describes our service on October 28th as "The Renewal of Ministry with the Welcoming of a New Rector." This title represents a change of emphasis from the earlier Book of Common Prayer Rite, which was more focused on the "Installation" of the one new and highly visible Ordained individual. The more recent Enriching our Worship text emphasizes the renewal of the ministry of all the Baptized with the renewal of our Baptismal vows and the celebration of the many continuing ministries of St. Barnabas'. In my own life, while I'm thankful for the faithful Rectors who were a positive part of my life in years past, I believe my life has been much more powerfully shaped by the actions of those who were not Rectors, and who were sharing the faith of Jesus, in the power of Christ, by keeping space for God in the lives of those around them.

I wonder how much Diarmaid MacCulloch's parents were among those who kept space for God in his life, and how much of MacCulloch's writing will be a worldwide inspiration to the Church in the years ahead. The story of the faith of Jesus is still unfolding, and our ministry together here is a part of that story. The Renewal of Ministry with the Welcoming of a New Rector is about how we are adapting the faithful practices of our forebears, and how we are keeping space for God here in northern Virginia for our own time.

With gratitude,
John+

Building & Grounds Committee ▪ Parish Workday

Thank you to everyone who participated at the Parish Workday on Sunday, October 22. Our next workday is planned for **Saturday, December 2nd**, starting late morning. We will continue fall cleanup activities.

- Camille Mittelholtz



A Note from David Palmer

by David Palmer, Music Minister

At the time of writing this article, I recently have had to deal with a broken tooth, a piece of vitreous that has broken off in my eye, and a torn retina. I'm falling apart! Nature tends toward entropy, but the good doctors have respectively repaired my tooth and halted the tear in my retina. So far, I can still drive with my detached vitreous, which appears as a translucent floater. I wouldn't want to enter a competition over who has the worst "war wounds" (kind of a negative competition); rather, these experiences and other aspects of my physical decline prompt me to offer a meditation on the seasons of life, and what it means to be a senior citizen.

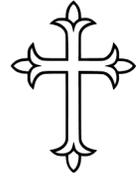
Philosophy professor Valerie Tiberius, in an op-ed for the October 3rd edition of *The Washington Post* ("Why you should swap your bucket list for a chuck-it list"), commented on the phenomenon that many experience in their golden years of increasing limitations that frustrate earlier aspirations. Ms. Tiberius' father proposed that, instead of grieving, stressing, or feeling frustrated over not attaining long-held hopes, he begin to "chuck" the items on his bucket list. Some items can be physical like, "Run a marathon? Not with these knees. Chuck it." Or professional, like "Get that position? Publish that book? Make a million bucks? Those ships have sailed. Onto the chuck-it list." Or not. There are many examples of people who attain professional accomplishments in their senior years, musicians among them, but most people eventually retire. Sooner or later, we all retire permanently from this world, so why not reflect on the meaning of our lives and take a thoughtful approach to our remaining years? The act of doing so reminds me of the words we hear on Ash Wednesday, "Remember that you are dust, and to dust you shall return," or this verse from Psalm 90: "So teach us to number our days that we may get a heart of wisdom."

In his 2000 book, *Still Here* (highly recommended if you want to explore these issues), Ram Dass points out that, after a lifetime of keeping busy and productive, one can feel guilty for just being still and that a thoughtful approach to aging "requires a great deal of stillness in order to awaken to the wisdom within us." (p. 100) One of the things that accrues to the elderly is the wisdom of experience. Maybe we can teach someone something...if they'll listen! Ram Dass also sees aging as a time to let go of our ego. The striving to be impressive, successful, or powerful looks different, if not silly, as the body declines: "If you accept that you are more than just your ego, that you have a soul that is larger than it, opening our eyes to the possibility of our larger Self can transform our aging process into a spiritual opportunity." (p. 30)

What does it mean to a musician to have a chuck-it list? (Play that Grieg Concerto? Not with this thumb. Let it go.) One retired pianist and choir director described taking learning certain difficult compositions off her bucket list as "sweet loss" – sweet because

(continued next page)

In Memoriam



George Sinclair

September 22, 2023
Annandale, Virginia

*Rest eternal grant to
your servant, O Lord;
and let light perpetual
shine upon him.
May his soul, and the
souls of all the
departed, through the
mercy of God,
rest in peace. Amen.*

BCP p. 503



November

Janet George
 Molly Newling
 Bob Macfarlane
 Bernadette Lowrey
 Penelope Lowrey
 Ken McKeever
 Desiree Rampersaud
 Jesse Mosher
 Sheena Friend
 Joy Lyles
 Don Johnson
 Marie Pannier
 Sharon Jones
 Noah Schaefer
 Art Hamerschlag

*Look with favor, we
 pray, on your servants as
 they begin another year.
 Grant that they may grow
 in wisdom and grace,
 and strengthen their trust
 in your goodness all the
 days of their lives;
 through Jesus Christ
 our Lord. Amen.*

BCP p. 830

A Note (continued from p. 3)

she can still listen to those beloved pieces, loss because she's not going to be the one playing them. At the young age of 22, Yusuf/Cat Stevens took a whimsical attitude toward aging in Moonshadow:

"I'm being followed by a moonshadow...

... And if I ever lose my eyes, if my colors all run dry,
 Yes, if I ever lose my eyes, I won't have to cry no more.

...And if I ever lose my mouth, all my teeth, north and south,
 Yes, if I ever lose my mouth, I won't have to talk no more."

Yusuf's message seems to be, "find hope in any situation. Be present and joyful. See life as it is, right now, and don't compare it to others' lives, or other times in your life." And, if you feel unreasonably compelled to do something that is no longer feasible... chuck it!

A Note of Thanks



To all my friends at St. Barnabas', thank you for your concern and assistance in this time of adversity.

- Shirley Newman

St. Barnabas' 2024 Ski Trip

Plan now to join the St. Barnabas' group at our annual Presidents' Day weekend of fellowship and winter fun at the Canaan Valley Resort State Park near Davis, West Virginia from February 16-19. The weekend is fun both for skiers/snowboarders and non-skiers. We will have a parlor room for conversations, social gatherings and our Compliment service. In addition to skiing and snowboarding, available pastimes include snow tubing, ice skating, swimming, relaxing by the fireplaces, and visiting local sites.

We expect information on the costs for rooms, meals, lift tickets and rentals later this year. Our package includes lodging Friday through Sunday nights, prepaid discount lift tickets/equipment rentals, meal plans for breakfasts Saturday through Monday, and dinners Saturday and Sunday, as well as discounts for resort activities.

Please contact Ken or Camille Mittelholtz or the Parish Office if you wish to attend or have any questions.

CANAAN VALLEY
 RESORT & CONFERENCE CENTER
 A WEST VIRGINIA STATE PARK

Stewardship Campaign for 2024 *Rooted in Abundance*

*They shall be like a tree planted by water, sending out its roots
by the stream. It shall not fear when heat comes, and
its leaves shall stay green; in the year of drought
it is not anxious, and it does not cease to bear fruit.*

Jeremiah 17:8



Dear St. Barnabas' Church Family,

Just a friendly reminder that Sunday November 19th is the ingathering date for your pledges. Please bring your pledge cards to church that day and place them in the offering plate. Thank you ahead of time for your generous pledges of time, talent, and treasure!

In Christ's Name,

Your Stewardship Committee

Behn Ayala (Chair), Grace Robbins (Co-Chair), Maria Bottlick, Cricket Camp, Maria Macfarlane, and Ellen Riddle

New Film Release: *The Philadelphia Eleven*

by Beth Harper

The question of ordaining women to the priesthood caused deep division in the Episcopal church. There were years of discussions, failed resolutions, and pleas for action. Finally, in an act of civil disobedience, a group of eleven women and their supporters organized their extracanonical ordination to become Episcopal priests in 1974. The Church of the Advocate in Philadelphia welcomed them, but change was no small task. The women were harassed, some lost friends, and others were banned from stepping on church property. In a new documentary film, *The Philadelphia Eleven*, we meet the women who succeeded in building a movement that transformed an age-old institution and challenged the very essence of patriarchy in Christianity.

The Philadelphia Eleven is being shown at Episcopal churches across the country, including two screenings in Northern Virginia in November: November 5 at 6 p.m. at St. Alban's, Annandale and November 11 at 6:45 p.m. at Holy Comforter, Vienna. You can find more information about the film and the screening schedule at philadelphiaelevenfilm.com.



***Covenant, Christ, and Creativity* Classes Begin Wednesday, November 1st**

St. Barnabasians are invited to register with the Rector for a limited number of spaces in a seven-week class, *Covenant, Christ, and Creativity*, meeting in person on Wednesday evenings from 6:15 p.m. to 7:15 p.m., beginning this All Saints' Day, November 1st. Classes will continue 11/8, 11/15, 11/29, 12/6, 12/13 and 1/3, in order to allow for breaks around Thanksgiving and Christmas.

Annandale Christian Community for Action (ACCA)



CROP Hunger Walk - Thanks to the Godly Play class children who made CROP Walk posters for our annual CROP Hunger Walk on Saturday, October 14th. The posters were displayed at the church, and on October 14 at the walk. Thanks to our walkers, as well! The St. Barnabas' team included Beth Campbell, the Bolin Shellito Family, Diana Greer, Jocelyn & Steve Leatherwood, Teresa Merchant, and Delilah & Owen Stearns. Camille & Ken Mittelholtz and Elsa Cannon helped with walk logistics.

Donations are invited through November - you can make a check payable to CWS/CROP (please give to Camille), donate online through <https://events.crophungerwalk.org/2023/team/st-barnabas-episcopal-2>, or donate with a check to St. Barnabas', designating CROP Walk in the memo line. CROP Hunger Walks raise funds for Church World Service, which works both in other countries and in the U.S. to fund hunger and disaster relief and refugee assistance and resettlement, as well as sustainable development projects like drilling wells. ACCA receives part of the funds raised by the Annandale Walk to help fight hunger and poverty locally.

Child Development Center - The new school year is under way, and Center staff are working to fill preschool openings. The Center continues to serve many children with special needs.

Furniture Ministry – St. Barnabas' volunteers served at the Furniture Ministry on October 7, when two crews completed 4 deliveries and 7 pickups. One crew used the truck recently given to ACCA by an LDS program, which replaced a truck which had been donated by Fairfax County Fire and Rescue about 10 years ago. ACCA has given the “fire truck” to Melwood to support programs for disabled adults. Our next turn to volunteer will be Saturday morning, January 27.

Emergency Assistance - In September, ACCA made a total of \$19,613 in payments for rent or utilities for 26 households. Food Pantry volunteers delivered urgently needed food and hygiene supplies to 114 households in September. Food and hygiene product donations can be left in the basket in the Narthex. The pantry needs volunteer drivers to deliver food on weekday afternoons.

Transportation - The joint ACCA - Shepherd's Center continues to need volunteer drivers to take people to medical appointments and weekend shopping.

For more information on ACCA or to volunteer for one of these worthy programs, please contact Ken or Camille Mittelholtz or the Parish Office.

St. Barnabas' Mission:
Serving our community, the world, and each other
through the love of Jesus Christ

Women of St. Barnabas' (WOSB)



Please plan to join the Women of St. Barnabas' for the *Holly Jolly Christmas Bazaar* on Saturday, November 18, from 10:00 a.m. until 2:00 p.m. We will offer baked goods, jams and jellies, and other treats for sale. Hand made crafts will be offered for sale and there will be a raffle. We will also sell gently used jewelry. For lunch we'll have hot dogs, homemade soups, and beverages. Please invite your neighbors, colleagues, friends, classmates, etc. to stop by, as well!

We invite all in the congregation to give crafts to sell at the bazaar. We also will appreciate donations of baked goods, preserves, and soups for lunch. We also can use a few volunteers to help with taking cash and other tasks on November 18th. All are invited to join in planning and making crafts with the Barnabees craft group, which meets Tuesday mornings at 10 a.m. in the Richardson Room.

The next WOSB business meeting will be Tuesday, November 7 at 10:00 a.m. in the Richardson Room. The meetings are open to anyone who would like to come. - Camille Mittelholtz

Jams, Pickles, and Chutneys Pre-Order

A variety of jams, pickles and chutneys will be available for sale at the WOSB Bazaar on November 18. If you have a favorite and don't want to miss out, or can't come to the event, you can pre-order and pick up either at the Bazaar or at another time as arranged.

Here's a list of the offerings:

Spiced Cherry Jam – *Blue ribbon winner at the County Fair!*

Spiced Peach Jam

Stone Fruit Jam – *New!*

Fig and Balsamic Vinegar Jam

Hot Pepper Jelly

Watermelon Pickle – *Better than Shrine Mont's!*

Bread and Butter Pickle – *New!*

Peach and Ginger Chutney

Cranberry and Walnut Chutney – *Great for Thanksgiving*



All are 8 oz. jars and \$6 each, except for the Hot Pepper Jelly at \$3 for 4 oz. Please email Molly Newling or contact Catherine in the office to order.

Coffee Hour Hosts Needed

Since spring 2022, a small group of St. Barnabas' members have hosted Coffee Hour after the 10:15 a.m. service. The Coffee Hours have been a welcome part of resuming our in-person worship. Unfortunately, many of the volunteers who hosted before our online-only worship began in 2020 are no longer able to host. New Coffee Hour Hosts are needed to serve, either on a scheduled basis or for special occasions. Duties include setting up the cups and supplies, making coffee and other beverages, and cleaning up. If you would like to help, please contact Camille Mittelholtz or the Parish Office.



Men's Group ▪ November 4

The Men's Group meets for breakfast and fellowship on the first Saturday of each month. Our next meeting will be on November 4th at 8:00 a.m. at the Juke Box Diner, located at 7039 Columbia Pike, Annandale. All men of the parish and their guests are welcome to attend. For more information please contact the Parish Office.

In the Presence of God

We pray for God's strength and healing for ... Bernard Blair, Jean Anne Braddon, Charles Camp, Cricket Camp, Margot Donnelly, Charlie Flaherty, Bob Frye, Rotha Frye, Preston George, Joan Gibbs, Lee Gibbs, James Harris, Roger Hefferan, Gertrude Jones, Sharon Jones, Alusine Kanu, Joy Lyles, Tom Lyles, Bob Macfarlane, Maria Macfarlane, Cindy McLaughlin, Helen Mosher, Shirley Newman, Beth Phillips, Anne Radway, Grace Rampersaud, Norma Ricketts, Barbara Rigden, Ann Sayles, Trisha Serven, Frank Spink, Kathleen Stark, Karen Steidel, Mareea Wilson, Dana Wiseman, and Mary Yeaman.

For the Church ... the Archbishop of Canterbury, Justin Welby; our Presiding Bishop, the Most Rev. Michael Bruce Curry; our Diocesan Bishop, the Rt. Rev. E. Mark Stevenson and our Assistant Bishop, the Rt. Rev. Gayle Elizabeth Harris; our Visiting Bishops: The Rt. Rev. Dabney Smith, The Rt. Rev. Susan Ellyn Goff, The Rt. Rev. Ted Gulick, and The Rt. Rev. David Jones; and for their families. For our Rector, the Rev. John Bolin Shellito, and his family; for Cindy McLaughlin (in discernment); for our Vestry, Wardens, and staff; and for the work and ministry of our sister parish of San Juan Bautista in Palma Soriano, Cuba.

Reporter Deadline, Office Hours, and Schedule

The deadline for the December 2023/January 2024 combined issue of *The St. Barnabas' Reporter* is **Wednesday, November 15**. Please submit announcements and/or photos to the Parish Office at stbarnabaschurch@outlook.com. Hard copies of announcements and/or photos are welcome, as well. Regular Office hours are Monday through Thursday from 9:00 a.m. to 4:00 p.m.

Of note, the Parish Office will close at 12 noon on Wednesday, November 22 for the Thanksgiving weekend. Regular office hours resume on Monday, November 27. As always, please call ahead to schedule any in-person meetings with John+, David, or Catherine.

2023 Parish Retreat at Shrine Mont

by Ann Sayles

Our Parish Retreat was, as always, a refreshing and soul-fulfilling time spent on the Sacred Mountain. The weather was perfect, the food was delicious, and the camaraderie with all of the attendees was truly a memorable experience for all of us.

Jeremy Sullivan presented his sessions concentrating on our acceptance and inclusion of the LGBTQIAPK community into our hearts and lives. There were lively discussions and plenty of music!

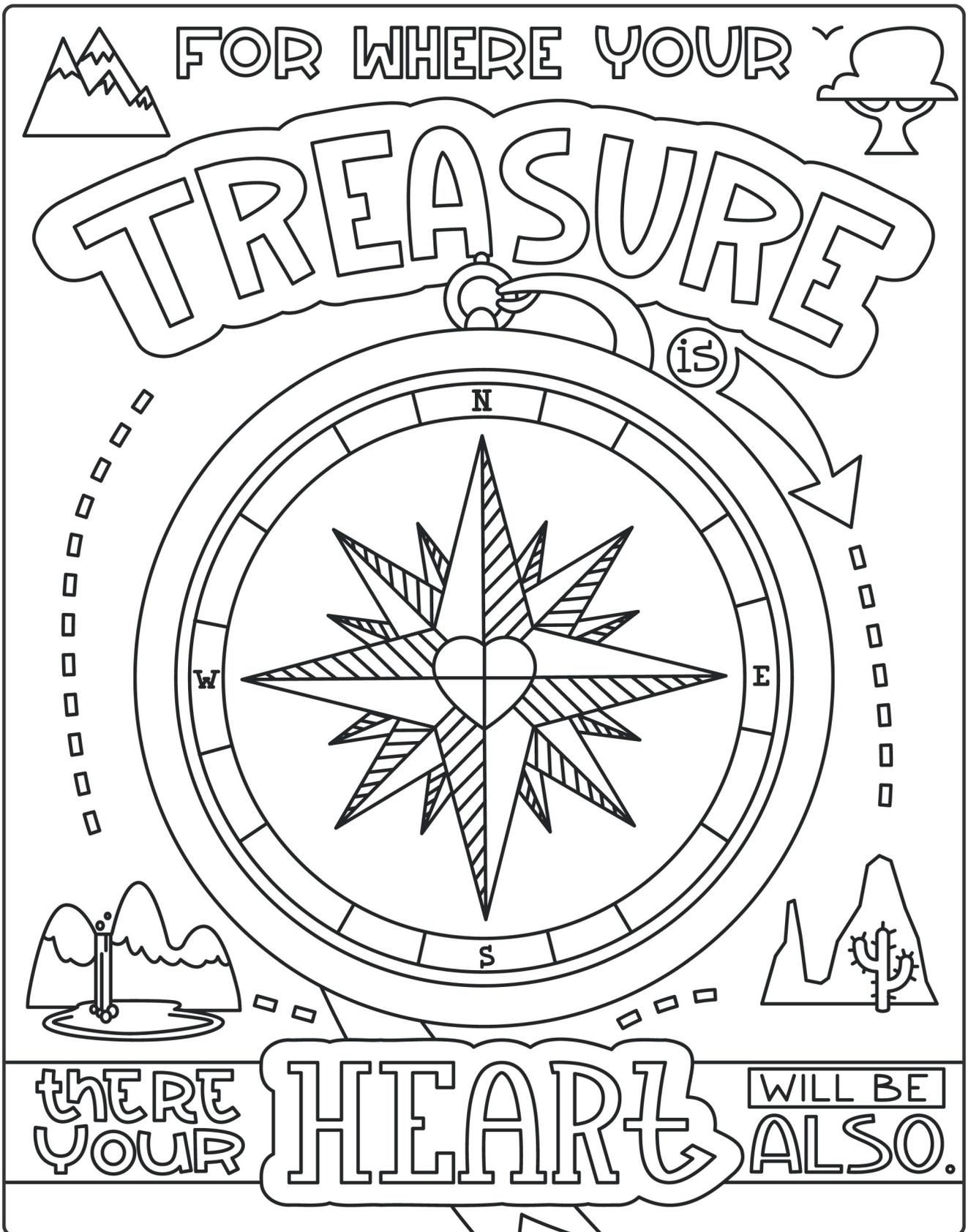
We were fortunate to be able to have two services at the Shrine itself: our Compline Service on Saturday evening and Holy Eucharist with St. Alban's and St. John's on Sunday morning. Being in that sacred place is always such an enriching experience.

Our next Parish Retreat is scheduled for September 28-30, 2024. Please consider joining us for a wonderful weekend on the Sacred Mountain.



Thanks and More Thanks...

- For the Vestry.
- For the amazing Ellen Riddle and her leadership as Senior Warden.
- For the unstoppable Mark Patterson and Larry Stark, Junior Wardens.
- For the brilliant PJ Kennedy and his leadership as Treasurer.
- For the Finance Committee and their wisdom as caretakers of St. Barnabas' budget.
- For the Stewardship Committee and Behn Ayala's leadership of that group.
- For all who have given time, talent, and/or treasure to God's work through our congregation.
- For all who have shared how much St. Barnabas' has meant to them.
- For the Prayer Chain and for Barbara Miller's generosity in stepping into leadership of that ministry.
- For our Sunday School teachers: Michael Dugger, Sheena Friend, Dawn Schaefer, and Mark Patterson.
- For our Godly Play ministry, led by Theresa Merchant and with support from Sarah Gates and others.
- For all who have assisted with Children's Chapel, and for Haley Bolin Shellito's leadership of that ministry.
- For Delilah Stearns and her care with the Nursery.
- For the Altar Guild and for Molly Newling's powerful leadership of the Guild.
- For Mary Yeaman, Janet George, Fiona Agnew, and Camille Mittelholtz, WOSB Officers.
- For the Women of St. Barnabas' (WOSB) and their generosity in hosting three funeral receptions this fall.
- For the Flower Guild's generosity in arranging the flowers for those services, and for Anne Radway's leadership.
- For the FACETS feeding ministry.
- For all who have assisted with the ASYP ministry, especially Randolph Jones, Grace Robbins, and Jack Miller.
- For the EfM Group and for Beth Harper and Len LeRoy's leadership and ministry as EfM mentors.
- For the work toward a Land Acknowledgement for St. Barnabas', and for Beth Harper's leadership in that effort.
- For Catherine Dubas and her faithfulness in managing many competing demands (including a newbie Rector).
- For David Palmer's excellent leadership of our Music Ministry.
- For James Harris and his generosity in taking care of many items in our building and grounds.
- For the Building & Grounds Committee (B&G).
- For Ken and Camille Mittelholtz and their leadership of the B&G Committee.
- For the Seminarian Lay Support Committee and for Cindy McLaughlin's leadership of that group.
- For Nathan Harpine and his ministry in our midst as our Seminarian.
- For Cindy McLaughlin's generosity in stepping into being our Lector and Chalcist Scheduler for George Sinclair.
- For Haley Bolin Shellito's leadership in reviving TGIF, and for all who have participated or hosted.
- For all who have helped welcome others as they have gotten involved with St. Barnabas' worship and ministries.





ST. BARNABAS'
EPISCOPAL CHURCH

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Annandale, VA 22003

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We're on the Web!

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THE RENEWAL OF MINISTRY WITH THE WELCOMING OF A NEW RECTOR

THE VERY REV. SUSAN HARTZELL, PRESIDING ▪ The REV. DR. CANON J. LEE HILL, JR., PREACHING

Saturday, October 28th at 10:15 a.m.

COVENANT, CHRIST, AND CREATIVITY CLASS BEGINNING NOVEMBER 1ST.

Contact the Rector to learn more and to register.

ART IN CHRISTIANITY WITH MARGARET ADAMS PARKER

Sunday, November 5th Following the 10:15 a.m. service

YOUTH SUNDAY ▪ NOVEMBER 12TH AT 10:15 A.M.

WOSB HOLLY JOLLY CHRISTMAS BAZAAR

Saturday, November 18th 10 a.m.-2 p.m.

ANNUAL MEETING ▪ SUNDAY, NOVEMBER 19TH AT 9:15 A.M.

STEWARDSHIP INGATHERING AT 8 A.M. AND 10:15 A.M.